

Subject Overview Proforma

- **Overarching principles must always be:**
- Maximising opportunities for functional movement
- Teaching to be fluid and adapted to changing needs and progress
- Developing motivation to choose to be physically active – emphasis on FUN and understanding what is fun for our pupils.
- Developing the fundamental skills & physical literacy to enable long term physical activity
- Provide a wide range of opportunities to identify likes and dislikes
- Provide opportunities for individual successes for ALL
- Open mind about what can be described as physical activity
- Process based - “benefit is in the doing” – what is developed through the process?
- Staff enthusiasm and modelling/Staff engagement
- Prepare for and recognise physical changes (ST/LT) and the effects that has on our processes. Eg: tiredness

PE Themes and Activities		
Personal & Social Abilities (refer to knowledge organisers/medium term plans)	Creative & Cognitive Abilities (refer to knowledge organisers/medium term plans)	Health and Physical Abilities (refer to knowledge organisers/medium term plans)
<p>Fundamental movement focus Co-ordination – footwork, jumping and landing, ball skills. Balance – one leg, seated balance</p> <p>Sensory/Communication adaptation Games - Basic ball skills – release, push, bowl, throw, catch, strike through adaptive games like boccia, tenpin bowling, curling, rounders and cricket.</p> <p>Alternative therapies focus – Autumn 1 – Tacpac, Autumn 2 – Dough disco Offer Rebound Therapy or Rebounding where possible.</p> <p>“REAL PE” programme application - # PE FUNS – Footwork FUNS, 1 leg balance FUNS, Jumping and Landing FUNS, Seated Balance FUNS</p>	<p>Fundamental movement focus Balance/Dynamic balance – seated balances, point and patch balances.</p> <p>Sensory/Communication adaptation Dance and movement Co-ordination skills, moving forwards, backwards, diagonal, to the side, slow, fast and spin to music through line, square, parade and circle dances. Opportunities to move freely to different genres and tempo of music. Gymnastic skills Balance on large body parts/small body parts on floor/apparatus/wobble board/peanut balls. Travelling on and off apparatus – crawling, stepping, sliding.</p>	<p>Fundamental movement focus Co-ordination – sending and receiving, ball chasing and retrieving. Agility – reaction and response</p> <p>Sensory/Communication adaptation Outdoor Adventurous activities – Indoor/Outdoor Sensory trails eg. Nature/musical/colour trails following arrows/simple directions/exploration skills/fine motor skills at stations/uneven ground/different surfaces. Trim trail/Adaptive cycling/walks. Early Athletic skills – walk/sprint, slalom, holding/balancing equipment while moving, collection races, jumping skills, release, push, bowl underarm throw to targets and overarm throw for distance.</p>

<p>Skill development and activities: “Popping pirates”, “bike adventure”, “ follow the leader”, “footwork pathways”, “shadowing and copying”, “Hi Baby”, “Rock paper scissors”, “basic invasion/ tag games/net & wall” “Moon adventure”, “rocket ships”, “stepping stones”, “jumping combinations” Developmental invasion games (tag rugby/basketball/handball) - skills circuits, individual and pairs challenges for key skills, tag games, small sided conditioned and overload games (eg: 3v1) Links to Healthy Lifestyles – identify appropriate fitness components – circuit training</p>	<p>Jump and land from apparatus, trampettes, springboards. Rolling – log, pencil rolls on mats and inclines and over peanut balls and rolls. Alternative therapies focus Spring 1 – Touch communication Spring 2 – Sherborne Offer Rebound Therapy or Rebounding where possible. “REAL PE” programme application – Cognitive: PE FUNS - dynamic balance FUNS, Stance FUNS, Ball Skills Co-ordination FUNS, Skill development and activities: “Tight rope”, Train adventure, Race walking, Balance Circuit, combinations, “bank or not”, “All change”, PB Challenges. Creative: PE FUNS Counter Balance FUNS, Ball Skills Coordination FUNS, Sending and Receiving FUNS Skill development and activities: “Clowns”, “Shoulders, Tummy, Knees”, Clown Tricks, “Off to the Seaside”, “Whacky water sports”, “Seaside sculptures”, “Grand Prix”, “On the mat”, “Bounce Off”, “Lean Away”, “Lean on me”, “Pass it on”, “Roller Ball”, “like clockwork”, “Juggle Challenge”, “Send and receive circuits”, Supporting weight, “REAL GYM” programme application: GYM FUNS - Shape, Balance, Travel, Flight, Rotation, Skill development and activities: At Home, Park Life, Toy Box, the big city, mapping pathways, rotation sequences Developmental Gymnastics and Dance: Shape into balance, point/patch, inverted balance, application to apparatus, sequence and</p>	<p>Alternative therapies Summer 1 - Hand massage programme Summer 2 – Revisit any of the therapies. Offer Rebound Therapy or Rebounding where possible. “REAL PE” programme application – Physical: PE FUNS – sending and receiving, reaction and response. Skill development and activities: “juggling”, “fairytale”, “throwing relay”, “junkyard”, “removal team”. “Roll tennis”, “copying”, “ball handling”, quick off the mark, dice frenzy, cone transfer, hoop limbo, adapt and respond, ball champions, PB challenge, Early Athletics – Sports Day circuits, jumping combinations, jumpball, running for speed. Fitness: PE FUNS – ball chasing, floorwork Skill development and activities: Scary woods, ball chasing, cheeky squirrels, squirrel tricks, collecting nuts, kitties time to play, hungry cat, cat capers, ball chasing combos, pairs grand prix, dice frenzy, body twister, front curling, gate masters, tunnels, mirror challenge, inside out. Early Cricket and Rounders – scatterball, pairs fielding and striking, cricket circuits. Developmental Athletics Running for speed – rats and rabbits, 5 second challenge, tag games, head to head, start positions, hurdles and movement patterns. Jump for height/distance – target jumps, river jump, jumping circuits, hoop jumps, head to head, team world records, jumping combos Throwing for distance – targets and zones, throwing circuits, dodgeball games – STEP.</p>
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	<p>combinations, travel and link, application to music and themes, movement dynamics, levels and pathways.</p> <p>Trampolining – application of shape and sequencing.</p> <p>Links to Healthy Lifestyles: Development of physical fitness and understanding of principles of training – Gym visits.</p>	<p>Developmental Striking and Fielding (Cricket/Softball/Rounders)</p> <p>Throwing, catching, fielding, striking, linear application across conditioned games.</p> <p>Pairs challenges, small sided/conditioned games.</p> <p>Developmental OAA</p> <p>Team building/problem solving – river crossing, blindfold trails, hoop challenges, minefield</p> <p>School based orienteering, photo orienteering, cone orienteering/trails</p> <p>Links to Healthy Lifestyles</p> <p>Exploring outdoors with local walks</p>
<p>Personal & Social Abilities (refer to knowledge organisers/medium term plans)</p>	<p>Creative & Cognitive Abilities (refer to knowledge organisers/medium term plans)</p>	<p>Health and Physical Abilities (refer to knowledge organisers/medium term plans)</p>
<p>Fundamental movement focus</p> <p>Co-ordination – footwork, jumping and landing, ball skills.</p> <p>Balance – one leg, seated balance</p> <p>Sensory/Communication adaptation</p> <p>Games - Basic ball skills – release, push, bowl, throw, catch, strike through adaptive games like boccia, tenpin bowling, curling, rounders and cricket.</p> <p>Alternative therapies focus – Autumn 1 – Tacpac, Autumn 2 – Dough disco</p> <p>Offer Rebound Therapy or Rebounding where possible.</p> <p>“REAL PE” programme application - #</p> <p>PE FUNS – Footwork FUNS, 1 leg balance FUNS, Jumping and Landing FUNS, Seated Balance FUNS</p> <p>Skill development and activities:</p>	<p>Fundamental movement focus</p> <p>Balance/Dynamic balance – seated balances, point and patch balances.</p> <p>Sensory/Communication adaptation</p> <p>Dance and movement</p> <p>Co-ordination skills, moving forwards, backwards, diagonal, to the side, slow, fast and spin to music through line, square, parade and circle dances.</p> <p>Opportunities to move freely to different genres and tempo of music.</p> <p>Gymnastic skills</p> <p>Balance on large body parts/small body parts on floor/apparatus/wobble board/peanut balls.</p> <p>Travelling on and off apparatus – crawling, stepping, sliding.</p> <p>Jump and land from apparatus, trampettes, springboards.</p>	<p>Fundamental movement focus</p> <p>Co-ordination – sending and receiving, ball chasing and retrieving.</p> <p>Agility – reaction and response</p> <p>Sensory/Communication adaptation</p> <p>Outdoor Adventurous activities – Indoor/Outdoor</p> <p>Sensory trails eg. Nature/musical/colour trails following arrows/simple directions/exploration skills/fine motor skills at stations/uneven ground/different surfaces.</p> <p>Trim trail/Adaptive cycling/walks.</p> <p>Early Athletic skills – walk/sprint, slalom, holding/balancing equipment while moving, collection races, jumping skills, release, push, bowl underarm throw to targets and overarm throw for distance.</p> <p>Alternative therapies</p>

<p>“Popping pirates”, “bike adventure”, “ follow the leader”, “footwork pathways”, “shadowing and copying”, “Hi Baby”, “Rock paper scissors”, “basic invasion/ tag games/net & wall”</p> <p>“Moon adventure”, “rocket ships”, “stepping stones”, “jumping combinations”</p> <p><u>Developmental invasion games</u> (tag rugby/basketball/handball) - skills circuits, individual and pairs challenges for key skills, tag games, small sided conditioned and overload games (eg: 3v1)</p> <p><u>Links to Healthy Lifestyles</u> – identify appropriate fitness components – circuit training</p>	<p>Rolling – log, pencil rolls on mats and inclines and over peanut balls and rolls.</p> <p><u>Alternative therapies focus</u></p> <p>Spring 1 – Touch communication</p> <p>Spring 2 – Sherborne</p> <p>Offer Rebound Therapy or Rebounding where possible.</p> <p><u>“REAL PE” programme application –</u></p> <p>Cognitive:</p> <p>PE FUNS - dynamic balance FUNS, Stance FUNS, Ball Skills Co-ordination FUNS,</p> <p>Skill development and activities: “Tight rope”, Train adventure, Race walking, Balance Circuit, combinations, “bank or not”, “All change”, PB Challenges.</p> <p>Creative: PE FUNS Counter Balance FUNS, Ball Skills Coordination FUNS, Sending and Receiving FUNS</p> <p>Skill development and activities: “Clowns”, “Shoulders, Tummy, Knees”, Clown Tricks, “Off to the Seaside”, “Whacky water sports”, “Seaside sculptures”, “Grand Prix”, “On the mat”, “Bounce Off”, “Lean Away”, “Lean on me”, “Pass it on”, “Roller Ball”, “like clockwork”, “Juggle Challenge”, “Send and receive circuits”, Supporting weight,</p> <p><u>“REAL GYM” programme application:</u></p> <p>GYM FUNS - Shape, Balance, Travel, Flight, Rotation,</p> <p>Skill development and activities: At Home, Park Life, Toy Box, the big city, mapping pathways, rotation sequences</p> <p><u>Developmental Gymnastics and Dance:</u></p> <p>Shape into balance, point/patch, inverted balance, application to apparatus, sequence and combinations, travel and link, application to music</p>	<p>Summer 1 - Hand massage programme</p> <p>Summer 2 – Revisit any of the therapies.</p> <p>Offer Rebound Therapy or Rebounding where possible.</p> <p><u>“REAL PE” programme application –</u></p> <p>Physical:</p> <p>PE FUNS – sending and receiving, reaction and response.</p> <p>Skill development and activities:</p> <p>“juggling”, “fairytale”, “throwing relay”, “junkyard”, “removal team”. “roll tennis”, “copying”, “ball handling”, quick off the mark, dice frenzy, cone transfer, hoop limbo, adapt and respond, ball champs, PB challenge,</p> <p>Early Athletics – Sports Day circuits, jumping combinations, jumpball, running for speed.</p> <p>Fitness:</p> <p>PE FUNS – ball chasing, floorwork</p> <p>Skill development and activities:</p> <p>Scary woods, ball chasing, cheeky squirrels, squirrel tricks, collecting nuts, kitties time to play, hungry cat, cat capers, ball chasing combos, pairs grand prix, dice frenzy, body twister, front curling, gate masters, tunnels, mirror challenge, inside out.</p> <p>Early Cricket and Rounders – scatterball, pairs fielding and striking, cricket circuits.</p> <p><u>Developmental Athletics</u></p> <p>Running for speed – rats and rabbits, 5 second challenge, tag games, head-to-head, start positions, hurdles, and movement patterns.</p> <p>Jump for height/distance – target jumps, river jump, jumping circuits, hoop jumps, head-to-head, team world records, jumping combos</p> <p>Throwing for distance – targets and zones, throwing circuits, dodgeball games – STEP.</p>
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<p>Personal & Social Abilities (refer to knowledge organisers/medium term plans)</p>	<p>Creative & Cognitive Abilities (refer to knowledge organisers/medium term plans)</p>	<p>Health and Physical Abilities (refer to knowledge organisers/medium term plans)</p>
<p>Fundamental movement focus Co-ordination – footwork, jumping and landing, ball skills. Balance – one leg, seated balance Sensory/Communication adaptation Games - Basic ball skills – release, push, bowl, throw, catch, strike through adaptive games like boccia, tenpin bowling, curling, rounders and cricket. Alternative therapies focus – Autumn 1 – Tacpac, Autumn 2 – Dough disco Offer Rebound Therapy or Rebounding where possible. “REAL PE” programme application - # PE FUNS – Footwork FUNS, 1 leg balance FUNS, Jumping and Landing FUNS, Seated Balance FUNS Skill development and activities:</p>	<p>Fundamental movement focus Balance/Dynamic balance – seated balances, point and patch balances. Sensory/Communication adaptation Dance and movement Co-ordination skills, moving forwards, backwards, diagonal, to the side, slow, fast and spin to music through line, square, parade and circle dances. Opportunities to move freely to different genres and tempo of music. Gymnastic skills Balance on large body parts/small body parts on floor/apparatus/wobble board/peanut balls. Travelling on and off apparatus – crawling, stepping, sliding. Jump and land from apparatus, trampettes, springboards.</p>	<p>Fundamental movement focus Co-ordination – sending and receiving, ball chasing and retrieving. Agility – reaction and response Sensory/Communication adaptation Outdoor Adventurous activities – Indoor/Outdoor Sensory trails eg. Nature/musical/colour trails following arrows/simple directions/exploration skills/fine motor skills at stations/uneven ground/different surfaces. Trim trail/Adaptive cycling/walks. Early Athletic skills – walk/sprint, slalom, holding/balancing equipment while moving, collection races, jumping skills, release, push, bowl underarm throw to targets and overarm throw for distance. Alternative therapies Summer 1 - Hand massage programme</p>

<p>“Popping pirates”, “bike adventure”, “ follow the leader”, “footwork pathways”, “shadowing and copying”, “Hi Baby”, “Rock paper scissors”, “basic invasion/ tag games/net & wall”</p> <p>“Moon adventure”, “rocket ships”, “stepping stones”, “jumping combinations”</p> <p>Developmental invasion games (tag rugby/basketball/handball) - skills circuits, individual and pairs challenges for key skills, tag games, small sided conditioned and overload games (eg: 3v1)</p> <p>Links to Healthy Lifestyles – identify appropriate fitness components – circuit training</p>	<p>Rolling – log, pencil rolls on mats and inclines and over peanut balls and rolls.</p> <p>Alternative therapies focus</p> <p>Spring 1 – Touch communication</p> <p>Spring 2 – Sherborne</p> <p>Offer Rebound Therapy or Rebounding where possible.</p> <p>“REAL PE” programme application –</p> <p>Cognitive:</p> <p>PE FUNS - dynamic balance FUNS, Stance FUNS, Ball Skills Co-ordination FUNS,</p> <p>Skill development and activities: “Tight rope”, Train adventure, Race walking, Balance Circuit, combinations, “bank or not”, “All change”, PB Challenges.</p> <p>Creative: PE FUNS Counter Balance FUNS, Ball Skills Coordination FUNS, Sending and Receiving FUNS</p> <p>Skill development and activities: “Clowns”, “Shoulders, Tummy, Knees”, Clown Tricks, “Off to the Seaside”, “Whacky water sports”, “Seaside sculptures”, “Grand Prix”, “On the mat”, “Bounce Off”, “Lean Away”, “Lean on me”, “Pass it on”, “Roller Ball”, “like clockwork”, “Juggle Challenge”, “Send and receive circuits”, Supporting weight,</p> <p>“REAL GYM” programme application:</p> <p>GYM FUNS - Shape, Balance, Travel, Flight, Rotation,</p> <p>Skill development and activities: At Home, Park Life, Toy Box, the big city, mapping pathways, rotation sequences</p> <p>Developmental Gymnastics and Dance:</p> <p>Shape into balance, point/patch, inverted balance, application to apparatus, sequence and combinations, travel and link, application to music</p>	<p>Summer 2 – Revisit any of the therapies.</p> <p>Offer Rebound Therapy or Rebounding where possible.</p> <p>“REAL PE” programme application –</p> <p>Physical:</p> <p>PE FUNS – sending and receiving, reaction and response.</p> <p>Skill development and activities: “juggling”, “fairytale”, “throwing relay”, “junkyard”, “removal team”. “roll tennis”, “copying”, “ball handling”, quick off the mark, dice frenzy, cone transfer, hoop limbo, adapt and respond, ball champs, PB challenge,</p> <p>Early Athletics – Sports Day circuits, jumping combinations, jumpball, running for speed.</p> <p>Fitness:</p> <p>PE FUNS – ball chasing, floorwork</p> <p>Skill development and activities: Scary woods, ball chasing, cheeky squirrels, squirrel tricks, collecting nuts, kitties time to play, hungry cat, cat capers, ball chasing combos, pairs grand prix, dice frenzy, body twister, front curling, gate masters, tunnels, mirror challenge, inside out.</p> <p>Early Cricket and Rounders – scatterball, pairs fielding and striking, cricket circuits.</p> <p>Developmental Athletics</p> <p>Running for speed – rats and rabbits, 5 second challenge, tag games, head to head, start positions, hurdles and movement patterns.</p> <p>Jump for height/distance – target jumps, river jump, jumping circuits, hoop jumps, head to head, team world records, jumping combos</p> <p>Throwing for distance – targets and zones, throwing circuits, dodgeball games – STEP.</p> <p>Developmental Striking and Fielding (Cricket/Softball/Rounders)</p>
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	<p>and themes, movement dynamics, levels and pathways. Trampolining – application of shape and sequencing. Links to Healthy Lifestyles: Development of physical fitness and understanding of principles of training – Gym visits.</p>	<p>Throwing, catching, fielding, striking, linear application across conditioned games. Pairs challenges, small sided/conditioned games. Developmental OAA Team building/problem solving – river crossing, blindfold trails, hoop challenges, minefield School based orienteering, photo orienteering, cone orienteering/trails Links to Healthy Lifestyles Exploring outdoors with local walks</p>
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